

# Three Ms for Learning

## MINDSET

When students accept that learning may be difficult, and that you will face challenges, you can focus on making progress. Encourage them to use the word “yet,” as in “I can’t do this yet” – this will help them see that goals are achievable.

## METACOGNITION

How you think about your thinking, or Metacognition, also impacts learning. Reflection activities help students articulate what they’ve learned and set goals for what they want to learn.

## MEMORY

Self-testing is one of the most effective learning strategies. Flashcards and practice tests are great ways to engage in recall. Studying in multiple, shorter sessions helps you to elaborate and form connections in your memory.

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# Cultivating a Growth mindset for language learning

Fixed Mindset	Growth Mindset
I am afraid of making grammar mistakes.	We learn from mistakes, and nobody is perfect.
I think I am not good at languages.	Look at what you are good at and how to utilize your strength to make up for the weakness.
I feel frustrated and overwhelmed when tasks seem challenging.	Progress happens step by step. I can seek help when I don't understand.

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# Metacognitive strategies for language learning

- I use many strategies and tools to review vocabulary
- I know what aspects of language learning I understand well, & which I'm still working on
- I set goals for each review session
- I correct myself when I make mistakes in speaking and writing
- I think about the patterns in grammatically concepts
- I pause periodically while reading to check my comprehension
- I know when to visit my professor's office hours or peer tutoring if I need extra help

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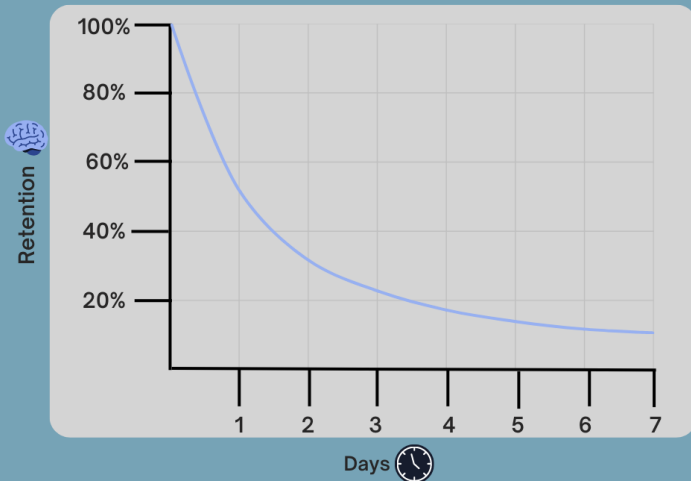
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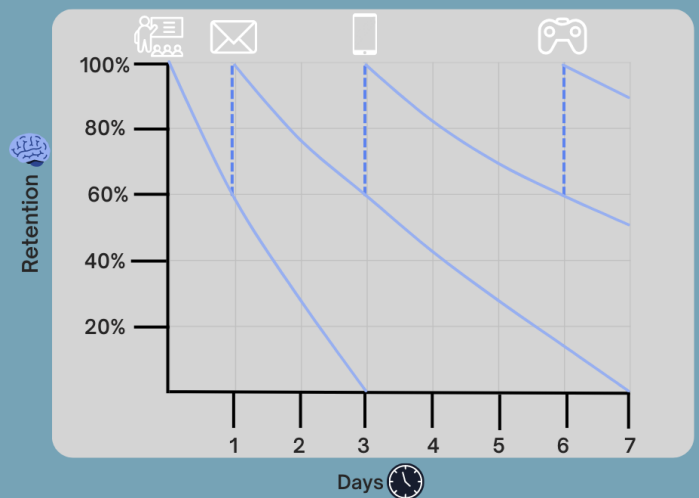
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# Memory strategies for language learning

## THE FORGETTING CURVE



## COMBATING THE FORGETTING CURVE



**Within 7 days, you will forget everything that you've learned.**

There are three strategies to work against forgetting:

1. **Spaced repetition:** spacing out practice sessions rather than cramming.
2. **Retrieval:** constantly quizzing yourself, especially on harder to learn items.
3. **Interleaving:** go back and forth between skills (vocab-grammar-culture)

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